



Play Like a Girl Workshop

Prepared for: 8th IWG Insights Hub

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EXECUTIVE SUMMARY



The Women and Sport Commission – Barbados (WISC) recognizes that actively engaging women and girls in sport and ensuring they remain active through their lives is a vital part of an effective sport system.

Currently, we face a gender gap in sport participation in Barbados that is significant across all ages. The WISC recognizes the importance of rectifying this situation and is committed to the work ahead to achieve gender equity.

The Barbadian sport landscape has changed considerably, there are more competitive opportunities for women in more sports, including at the highest levels, and Barbadian female athletes are both increasingly participating in sport, and regularly achieving qualification success at regional and international events. Barbadian women are also increasingly leading national sport organizations, as senior administrative staff.

However, it is also evident that such improvements for women and girls have not been achieved to date in all aspects of sport involvement. Notably the overall rate of participation of girls as athlete participants continues to be significantly lower than that of boys.

Also, sport community consultations highlighted that the availability of women to contribute to the sport system tends to be constrained because of societal expectations on women to fulfill traditional domestic roles. As such, the leadership, skills and perspectives of women are lost to the sport system at a time when, because of the ongoing identified need to build human resource capacity, the system can least afford to do without their involvement.

In general, there are persistent concerns that women's contributions to Barbadian sport continue to be undervalued by women themselves as well as by their male counterparts.

OBJECTIVES

The main objective of the WISC will be to foster positive sport environments – from playground to podium – where women and girls, particularly as athlete participants, coaches, technical leaders and officials, are provided with;

- Quality sport experiences
- Equitable support by sport organizations



The objectives of Play Like Girl workshops are to promote and enhance the development of young women in sport by promoting sport as an integral part of girls' lives and to inspire girls to lead the charge in their development as the country's future elite athletes.

GOALS

To engage athletes who will benefit from the Commission's plan to inspire and encourage young female athletes to play an active part in sport, and to advocate for the development of young girls as formidable leaders within their respective sports.



ISSUES

- There is a high dropout rate of girls from the primary to secondary school level
- Parents promote sport as a boy's activity, and give boys more recognition and support
- Teenage girls become more body conscious and don't feel they are the right shape to play
- Society promotes that it isn't feminine to play sport
- Society the idea that sports get in the way of my academic performance



Solution

Girl power is in full swing, as women in various industries are finally making their presence felt, realizing their crucial role in shaping the future of individuals, communities, and the world.

In the realm of Barbadian sports, a small but active pro-girl initiative is hoping to do just that. Play Like a Girl! Women and Sport Athlete Workshop is a program designed specifically for girls between the ages of 11-18 years old who are potential candidates for a major game within the next quadrennial (Youth Olympic Games, Commonwealth Games,

Youth Commonwealth Games or Central American and Caribbean Games), is on the national team or currently attending the national trials and has consistent performance in their respective sporting discipline

WISC hosted it first workshop in 2015 and then again in 2016 and 2018 in 2019 we hosted the biggest cohort of over 100 girls.

PROJECT OUTLINE

A series of Athlete Development Workshops were hosted over a one-year period to which engaged young girls between the ages of 11-18 nominated by their respective National Federations.

- **Theme: It's Not the Victory It's the Struggle!**

Session

Mapping The Female Body

A Sound Mind in a Sound Body I: Anti-Doping

A Sound Mind in a Sound Body II: Mental Toughness

A Sound Mind in a Sound Body III: Nutrition

Session

Sexual Harassment in Sport

Leadership and Sport

Bootcamp Challenge

- **Theme: "Academics, Sport and Leadership – The Struggle is Real"**

Session

Balancing Academics & Sport

Defining your leadership potential

The Journey to Becoming a Professional Athlete

- **Theme: "Focus, Connected, Get Inspired"**

Session

Tips for Successful Student Athletes

- **Women and Sport Athlete Workshop: You Go Girl!**

Session

Athlete Safe Guarding

Anti-Doping

Goal Setting: Vision Boarding



PROJECT OUTCOMES

Women in Sport have worked to champion girl's participation in sport and physical activity for a number of years. Participants came from a wide cross section of the population both culturally and ethnically with the program welcoming its first Muslim girl. The socioeconomic status of the group was also diverse.

Total Registration – **175 participants**

Participating Sports/National Federations

- 20 National Federations
- 26 Sporting Disciplines
- 21% of the participants compete in two or more sports

Participating Educational Institutions - 19 Schools

- 1 Primary
- 14 Secondary (11yrs – 16yrs)
- 4 Post-Secondary (16yrs -18yrs)

Several of the mentors and participants have gone onto successfully represent the island at major championships including the Tokyo 2020 Olympics, and five (5) of them have went on to gain National and Athletic Scholarships. At least 75% of the participants remained in their sport and have transitioned to coaching and officiating.

From all accounts the persons who participated stated that the concept of the event was excellent and they would attend similar events.

- “My girls said they had a wonderful time at the workshop.” – Tanya Oxley, PE Teacher
- “Yea it was worth my day, I got to meet other athletes I only saw on TV” – Jada Padmore-Smith, Squash
- “This is amazing, why are we not doing this for more girls?” Mrs. Lorde
- “I appreciate being able to go to the Play It Like a Girl workshop last Sunday. I really enjoyed it and knew a lot of the girls from school so it was fun and also useful for me as a rider. I learned a lot of different stuff especially about being positive and strong. I will use it in my riding and competitions. I can even use it in my life and I will keep looking at my notes and board as a reminder to be strong and positive. “

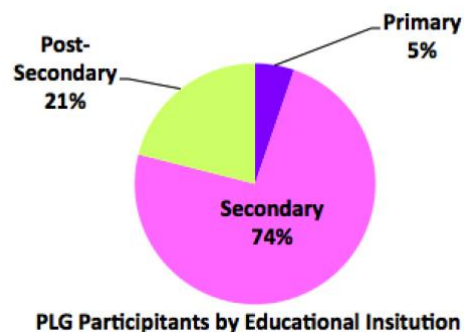
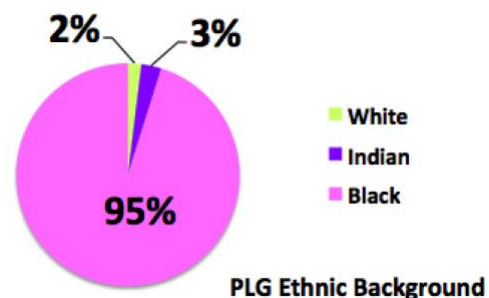


PHOTO GALLERY

